

# Empowering Future Healthcare Professionals in Evidence-Based Diabetes Prevention Program



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## Introduction

Type 2 diabetes is a major non-communicable disease with high disease burden. This paper showcases the results of empowering nursing and nutrition students in supporting the implementation of evidence-based diabetes prevention program in community settings.

## Methods

The research team trained and supported five NGOs to deliver a 12-month evidence-based diabetes prevention program to 670 Chinese adults with obesity and prediabetes in the community.



### Participants received a 12-month structured lifestyle intervention:

- Group-based lifestyle interventions delivered by nurses, dietitians and physical trainers in a small group of 15 to 20 participants during the first 6 months (one session/month)
- Monthly telephone support during the subsequent 6 months



- **40 nursing and nutrition students were recruited and trained as health buddies** to support programme implementation.
- **Training and ongoing coaching were provided** by the research team and the NGOs on the principles of pre-diabetes management, and skills for supporting participants to achieve diabetes prevention goals.
- Each student health buddy was responsible for **supporting 4-5 participants during group sessions** and **providing telephone supports** during the maintenance phase under the guidance and supervision of the NGO project coordinator.

## Results

**37** health buddies (41% nursing and 59% nutrition students) completed an online anonymous evaluation form on their experience in serving as a healthy buddy.

**The experience as a health buddy in this project has enhanced their...**

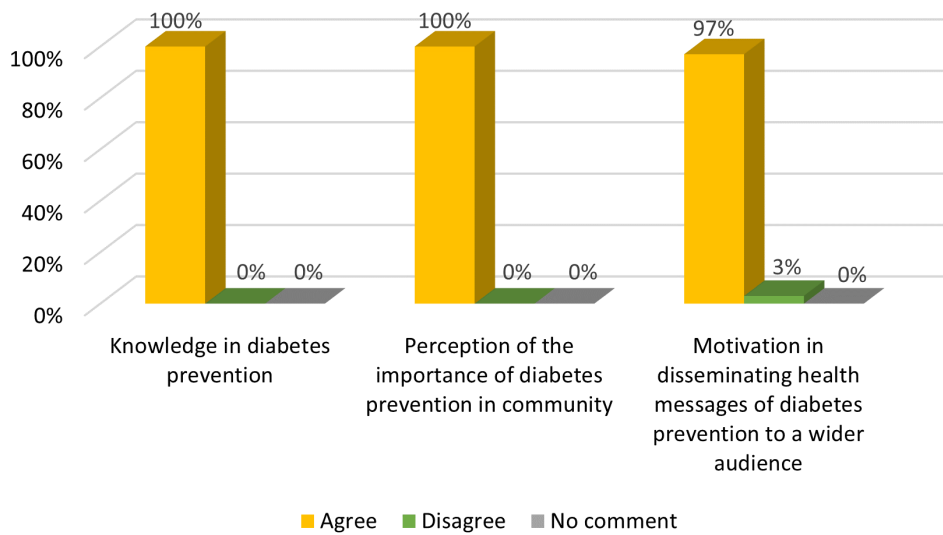


Figure 1: Feedbacks of health buddies regarding diabetes prevention

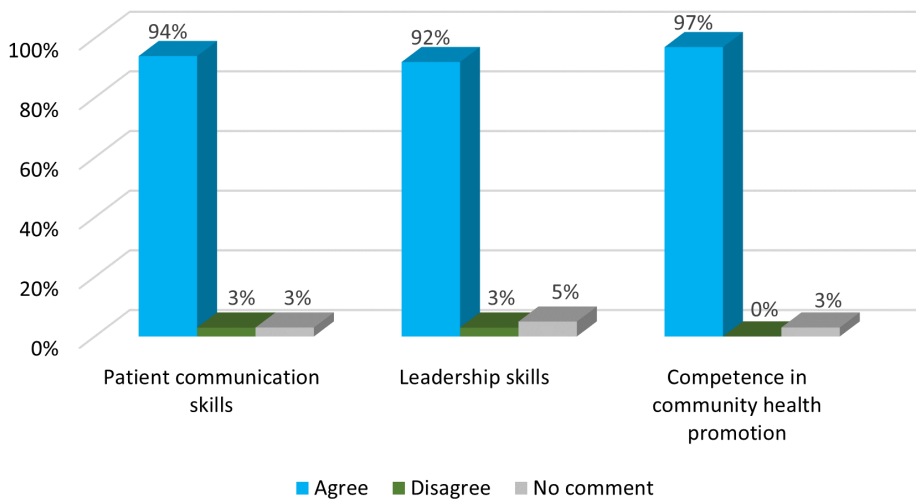


Figure 2: Feedbacks of health buddies regarding skills and competence

Health buddies also rated...

**7.5/10** for their performance in fulfilling their roles within the project

**8.2/10** for the project's effectiveness in enhancing health awareness among participants

## Conclusions

This joint venture community empowerment project offers a model for equipping future healthcare professionals with skills and confidence to implement evidence-based diabetes prevention program within the community.

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